

AMENDMENTS TO THE CLAIMS

1. (Currently amended) A method of normalizing the sleep/wake cycle of a mammal, said method comprising orally administering a therapeutically-effective amount of a compound comprising cytidine, CMP, CDP, CTP, dCMP, dCDP, dCTP, CDP-choline, cytosine, uridine, UMP, UDP, UTP, or triacetyl uridine selected from the group consisting of a cytidine containing compound, a cytosine containing compound, a uridine containing compound, a creatine containing compound, an adenosine containing compound, and an adenosine elevating compound to a mammal, thereby normalizing the sleep/wake cycle of said mammal.
2. (Original) The method of claim 1, wherein said administration reduces fatigue or tiredness, increases wakefulness, or improves the sleep quality of said mammal during the day.
3. (Currently amended) The method of claim 1, wherein said ~~cytidine-containing~~ compound is cytidine.
4. (Cancelled)
5. (Currently amended) The method of claim 1, wherein said ~~cytidine-containing~~ compound is CDP-choline.
6. (Cancelled)
7. (Currently amended) The method of claim 1, wherein said ~~cytidine-containing~~ compound is CDP.

8. (Previously presented) The method of claim 1, wherein said administration is chronic.

9. (Original) The method of claim 1, wherein said mammal is a human.

10. (Original) The method of claim 9, wherein said human is a child or adolescent.

11. (Original) The method of claim 9, wherein said human is an older adult.

12. (Currently amended) A method of treating a sleep disorder, said method comprising administering to a mammal a therapeutically-effective amount of a compound comprising cytidine, CMP, CDP, CTP, dCMP, dCDP, dCTP, CDP-choline, cytosine, uridine, UMP, UDP, UTP, or triacetyl uridine, wherein said mammal's health is not compromised because of an existing physical condition selected from the group consisting of a cytidine-containing compound, a cytosine-containing compound, a uridine-containing compound, a creatine-containing compound, an adenosine-containing compound, and an adenosine-elevating compound.

13. (Original) The method of claim 12, wherein said sleep disorder is caused by a substance abuse disorder.

14. (Currently amended) The method of claim 13, wherein said substance abuse disorder is alcohol, caffeine, or cocaine usage or dependence.

15. (Currently amended) The method of claim 12, wherein said sleep disorder is ~~insomnia, constructive or obstructive sleep apnea, restless leg syndrome, periodic limb movements, or narcolepsy.~~

16. (Currently amended) The method of claim 12, wherein said ~~cytidine-containing~~ compound is CDP-choline.

17. (Currently amended) A method of increasing cognitive function in a sleep-deprived mammal, said method comprising administering a therapeutically-effective amount of a compound comprising cytidine, CMP, CDP, CTP, dCMP, dCDP, dCTP, CDP-choline, cytosine, uridine, UMP, UDP, UTP, triacetyl uridine, creatine, adenosine, AMP, ADP, ATP, S-adenosylmethionine, propentofylline, or EHNA selected from the group consisting of a cytidine containing compound, a cytosine containing compound, a uridine containing compound, a creatine containing compound, an adenosine containing compound, and an adenosine elevating compound to a mammal suffering from sleep deprivation, thereby increasing the cognitive functioning of said mammal.

18. (Currently amended) The method of claim 17, wherein said ~~cytidine-containing~~ compound is CDP-choline.

19. (Previously presented) The method of claim 12, wherein said sleep disorder is not caused by a substance abuse disorder.

20. (Previously presented) The method of claim 12, wherein said sleep disorder is problem sleepiness.

21. (New) The method of claim 12, wherein said sleep disorder is insomnia.

22. (New) A method of treating a sleep disorder, said method comprising administering to a mammal a therapeutically-effective amount of a compound comprising

cytidine, CMP, CDP, CTP, dCMP, dCDP, dCTP, CDP-choline, cytosine, uridine, UMP, UDP, UTP, triacetyl uridine, creatine, adenosine, AMP, ADP, ATP, S-adenosylmethionine, dipyridamole, propentofylline, or EHNA, wherein said sleep disorder is not insomnia or sleep apnea.

23. (New) The method of claim 22, wherein said sleep disorder is caused by a substance abuse disorder.

24. (New) The method of claim 23, wherein said substance abuse disorder is alcohol, caffeine, or cocaine dependence.

25. (New) The method of claim 22, wherein said sleep disorder is restless leg syndrome, periodic limb movements, or narcolepsy.

26. (New) The method of claim 22, wherein said compound is CDP-choline.

27. (New) A method of normalizing the sleep/wake cycle of a mammal, said method comprising chronically administering a therapeutically-effective amount of a compound comprising cytidine, CMP, CDP, CTP, dCMP, dCDP, dCTP, CDP-choline, cytosine, uridine, UMP, UDP, UTP, triacetyl uridine, creatine, adenosine, AMP, ADP, ATP, S-adenosylmethionine, dipyridamole, propentofylline, or EHNA to a mammal, thereby normalizing the sleep/wake cycle of said mammal.

28. (New) The method of claim 27, wherein said administration reduces fatigue or tiredness, increases wakefulness, or improves the sleep quality of said mammal during the day.

29. (New) The method of claim 27, wherein said compound is CDP-choline.

30. (New) The method of claim 1, wherein said compounds is administered in conjunction with an antidepressant, anticonvulsant, antianxiety, antimanic, antipsychotic, antiobsessional, sedative-hypnotic, or anti-hypertensive medication.